

Pumpkin Bread

Makes: 32 servings

Ingredients

- 1 can** pumpkin (15 ounce)
- 1 cup** sugar
- 1/4 cup** vegetable oil
- 1 cup** yogurt, low-fat plain
- 1 1/2 cups** flour (all purpose)
- 1 1/2 cups** whole wheat flour
- 2 teaspoons** baking powder
- 2 teaspoons** baking soda
- 2 teaspoons** cinnamon
- 1/2 teaspoon** salt
- 1 cup** raisins

Directions

Preheat oven to 350 degrees.

1. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.
2. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.
3. Stir in raisins.

Nutrition Information

Nutrients	Amount
Calories	110
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Total Carbohydrate	21 g
Dietary Fiber	1 g
Total Sugars	10 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

4. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour.

5. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

Notes

Substituting yogurt for eggs and oil reduces fat and cholesterol.

Source: Iowa State University Extension, Food for Fitness and Fun, November 2000